

# Summer Practice 3

Each day you practise (preferably on most of the days you are at home) choose an exercise from each section.

## Extensions

- (1) Backward extension



- (2) Forward extension



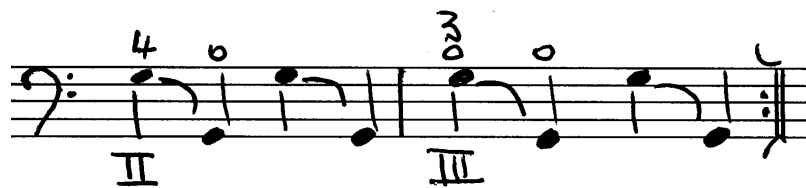
Remember - keep your arm and thumb lined up with the second finger.

Try them on the other 3 strings. What will the notes be?

## Shifting

- (1) Long Drops and Answer the Phone  
 (2) 'Puddy Tat' - all finger patterns  
 (3) 'Twinkle' - on one string - try all 4 keys.

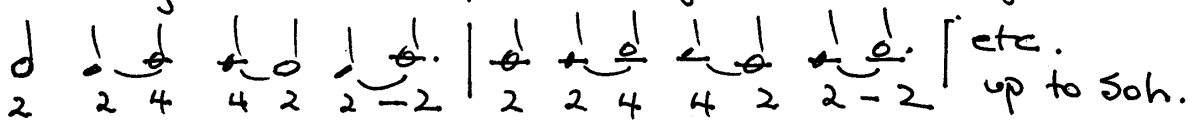
- (4) Harmonics



Do this on the other pairs of strings too.

- (5) G or C double octave game and down the scale or the arpeggio

- ⑥ "Rocking" scale on the 2nd finger. (F or Bb major)



## Vibrato

(1) Pluck/flop bangs - first with your second finger. Try the others later.

Is your thumb always under your second finger?

Remember - Count 4:

- (i) Pluck flop    (ii) Check your fingers are floppy (iii) Bang  
(iv) Are your spare fingers and thumb loose?

(2) Polishing routine - between D and G strings.

Keep 'polishing' between stages.

- 1 - 4 fingers and thumb    2 - second finger and thumb  
3 - thumb "stuck on jam" and arm and second finger polishing  
4 - thumb and second finger "stuck on jam" - arm still polishing

## String Crossing / legato bows preparation

- (1) Fall down - pull ups (balance bow hair at tip on left hand)  
(2) Push down - fall ups (balance bow hair on left hand finger at heel)  
(3) Press ups  
(4)



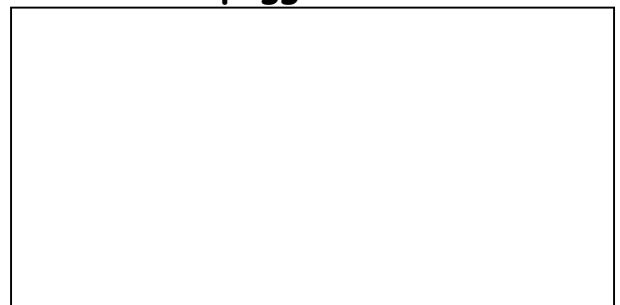
At the point - let your fingers FALL DOWN to G

At the heel - let your fingers curl up as the bow falls onto the D

### Scales



### Arpeggios



Revise.

Deedles: Do these every day to warm up: a) redhot b) regular

Sick cows: Is your thumb straight across 2 strings?

'Tick tocks' in 4<sup>th</sup> position and first position

Rounded thumb, gerbil space, gently curved fingers, 'hippo mouth'

Revise: Caterpillars

Circles on the knee

Tummy swings (a) two hands (b) one hand

Arco/pizzicato change

Check: thumb!

### Bowings

Choose one of these bowings and practise it first on an open string and then on the scale and arpeggio you have chosen.

① etc. whole bows.

② etc.  $\pi$  bow ovals whole bows

③ etc.

④ etc.

⑤ etc. Even Sound

⑥ ⑦ ⑧ ⑨ ⑩ ⑪

⑫ Whole bows - even, matching sound.

⑬ water Honey

Whole bows  
Match the sound

⑭ wobble wobble tap tap

Whole bows

⑮ "hips" at heel + tip

Use  
one handed  
tummy swings  
to change  
ends

⑯ Balance Point B.P. Exaggerated "follow through"

⑰

⑱ w.B. etc.

⑲ 20

Bounce "on the spot"  
by the lapping

8 "on the spot" and 8 with "sideways"  
-then 4 of each  
and 2 of each.

- Check**
- (1) Your bow is straight - Railway tracks!
  - (2) You have a good bow hold and rounded thumb
  - (3) Honey and water - do the sounds match?
  - (4) Relaxed shoulder and arm at heel

**Pieces, studies and tunes by ear**

